

Santa Rosa Island Research Station

What to Bring and NOT to Bring



What to Bring

(Please note that SRIRS does not supply linens, sheets, towels, pillows, or toiletries)

1. **Medications**, feminine hygiene products, allergy kits, etc.
2. Sleeping bag - comfort rated to at least 40 degrees F (we provide a mattress)
3. Pillow and pillowcase
4. Towel and toiletries
5. Jacket/windbreaker
6. Layers of clothing and changes for the amount of time at station
7. Shoes (closed toed hiking/tennis shoe)
8. Hat
9. Day pack
10. Water bottles (≥ 3 liters)
11. Sunscreen
12. Flashlight or headlamp (extra batteries)
13. Signed liability waiver
14. A good attitude, courtesy, and respect for all other SRIRS visitors

Other Items to Consider: When deciding what clothes to bring to SRIRS consider the climate (windy) and rustic conditions. Pack as minimally as possible (don't be afraid to wear the same pants and shirt more than once), however be prepared for different weather conditions (bring layers). Other items you may want to bring include: swimwear, camera, binoculars, field guides, sunglasses, raingear (weather dependent), field notebook, pencils, and alarm clock. Please review the ['Camper Prep'](#) photos and [packing/gear guidelines](#) from Island Packers for more info.

What NOT to Bring

1. **Plastic grocery bags** (single-use carryout bags) are prohibited on the island because if accidentally released they can pose health and environmental risks to threatened and endangered marine species.
2. **Firearms** or other **weapons** and **fireworks**.
3. **Non-Native Species.** Non-native, invasive species threaten endangered animals and plants on the Channel Islands and are costly to control. The following regulations and guidelines can help prevent the introduction and spread of non-native species before they become a problem. **To prevent the introduction of non-native species the following items shall not be transported or delivered to the island:** pets or any animal, service animals (except by permit from Park superintendent in advance of your trip), live or potted plants, soil, cut flowers, firewood or any untreated, unfinished wood (including hiking sticks), **corrugated cardboard boxes**, tools or equipment with attached soil or vegetative materials, motorized vehicles, and bicycles.
4. **Alcohol is prohibited for undergraduate students**

Please inspect your personal gear (e.g., packs, shoes, pant cuffs) and clean off dirt, seeds, and insects before departing from the mainland.

In Case of an Emergency

If there is an emergency, contact one of the individuals/agencies below:

Robyn Shea, SRIRS Director, Radio call sign – **950**, or Jenowa Larson, SRIRS Coordinator – **952**.

Emergency Communication with Individual at the Santa Rosa Island Research Station	
1.	Robyn Shea (SRI Research Station Director): Radio call sign- 950, work cell 805-377-3486
2.	Sequoia Dispatch: (559) 565-4421 (24/7) or use radio and contact "Sequoia Dispatch"
For Questions Regarding Trip Logistics and Return Times	
1.	Jenowa Larson (SRI Research Station Coordinator): (805) 437-3785
2.	Island Packers: (805) 642-1393